

Mario Batali's Braised Kale

Ingredients:

2 bunches kale (chopped)
5 garlic cloves (sliced thinly)
1 onion (sliced thinly)
1 cup water
1 teaspoon chili flakes
olive oil
salt and pepper

Step 1

In a large sauté pan over medium-high heat, add about 3 to 4 tbsp of olive oil. Add the onion and season with salt and pepper. Cook 3-4 minutes before tossing in the garlic and chili flakes. Stir to combine, add the kale, season with salt and pepper and add the water.

Step 2

Place a lid on the pan and turn the heat down to medium-low. Cook for 15-20 minutes, or until the kale is tender and the liquid has reduced. Taste and adjust for seasoning.

Servings: 8

Submitted by Karen Bush RD LD (Pioneer Care)